

The Fort Huachuca Scout



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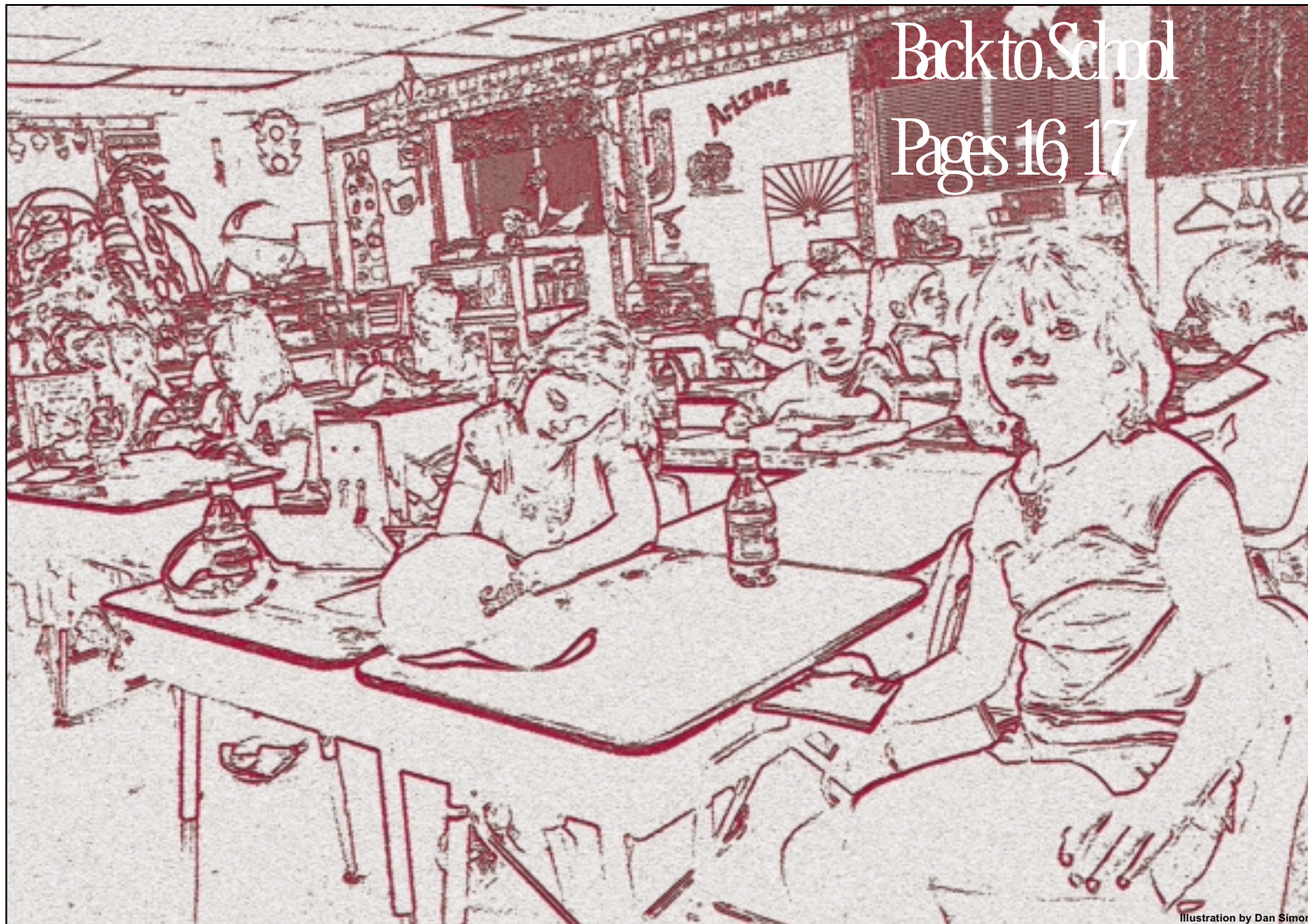


Illustration by Dan Simon

Inside



Cannery

Healthy choices for kids.

See Page A2



Safety

Children learn water safety techniques.

See Page A8



Recreation

Birding festival comes to Cochise County.

See Page B2



Trad

Live history on the Ghost Town Trail.

See Page B3

Fit For Life

Healthy lifestyles are for children too...

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

The academic year for 2005-06 is nearly upon us. It's time to wrap up vacations, shrug off the lethargic days of summer and make preparation for the school year. For most children and parents, this is an exciting time. Elementary, middle and high school all present new challenges whether they be in academics, sports or social activities. There is one thing however that remains constant: the need for children of all ages to practice a healthy lifestyle. This is more than just about physical fitness. Children have similar requirements to adults when it comes to wellness practices, nutrition, physical activity and stress management.

Concerned parents will care for a child's medical needs, immunizations, dental care and other wellness items. They will teach the benefits of proper hygiene and help them to live in a safe, secure environment with all the benefits of American medical technology.

Nutrition may present a different circumstance. With juvenile obesity on the rise for the past 30 years and now being considered a national epidemic, there should be serious parental concern about children's' eating habits, diet and nutrition needs. Eating healthful foods also influences current and future levels for cholesterol, high blood pressure and potential for type II diabetes, heart disease and digestive disorders. A study reported in 2003 that one-third of children born in 2000 will eventually develop type II diabetes. This is reason to emphasize the urgency of reducing juvenile obesity

by improving nutrition and physical activity habits.

Physical fitness is not a function of school physical education classes alone. A study released by the Medical College of Georgia stated that after-school physical activity is necessary for a healthy lifestyle. This may or may not include participation in youth sports activities. The major findings were that children of school age are severely lacking in cardiovascular endurance and muscular strength. This probably cannot be attained in physical education classes alone, although the knowledge can be learned through class participation. It becomes a necessity for school-age children to have some out-of-school participation in physical fitness type activities along with youth sports and informal play. The parent's role is to provide opportunity and motivation.

Stress management is part of a child's growth and maturation process. Stress stimulates psychological growth. One may wonder what stressors a child may incur. Factors such as family problems, academic achievement, social pressures in school, bullying and even physical appearance may all lead to negative stress which a child must learn to cope with and resolve in a socially accepted manner. Lack of achievement, uncontrolled anger, aggression and socially unacceptable behaviors may all be a result of unmanageable stress. Physical activity, an acceptable outlet for aggression and proper nutrition can assist with stress management.

Youth sports can serve a good purpose and offers children an early exposure to real world experiences.

They should help one to acquire self-discipline, self-determination and a sense of accomplishment. Some youth sport activities rarely produce any major change in strength, endurance and weight control. Sports such as soccer, wrestling, track, gymnastics and bicycling all contribute to a healthy lifestyle, although some may not be available in all areas. The major problem in youth sports is adult intrusion. This can take many forms, but inappropriate adult behavior and intimidation has resulted in several incidents of violence and even death. Second, is the lack of qualified coaches to provide leadership. The main focus of a coach should be on skill development, promoting fitness and to provide an enjoyable experience for the child, win or lose, without excessive pressure to win.

There is no scientific evidence that a youngster will not become a strong competitor in sports later without pressure to win. The one factor we do know is that bad experiences in youth sport leads to burnout, a dislike of physical activity and a lack of future participation. There is also no correlation between success in youth sports and later success at higher levels of play. We do know that existing studies have shown the near-unanimous response to the question asked; "would you rather play on a losing team or sit the bench on a winning team?" was "to play!"

What can parents do to promote a healthy lifestyle

This is a difficult issue and one not easily resolved in total. Family histories and methods of raising children differ. Therefore, it is not

possible to cover all specific or individual situations. Some general guidelines to assist parents in promoting a healthy lifestyle for their children follow.

- Communicate your expectations regarding a healthy lifestyle.
- Lead by personal example.
- Utilize all available resources when needed; school military and community.
- Say NO! when necessary. Children will test you. Be fair, but stand your ground on relevant matters.

—Limit television and video game time. Encourage physical activity.

—Weight control is a matter of dietary modification and physical activity.

—The best motivator is success. When a child makes progress, encourage them. Negativism and ridicule rarely work with nutrition, weight control or exercise.

—All children will experience stress. Talk with your child and be a good listener. Stress is part of life and children need to learn how to manage and resolve it.

—A parent cannot always control what happens outside of home, but you can control what takes place at home, which can become habit forming.

—Participate in exercise with your child. Walking, hiking, running and bicycling together can provide strong motivation.

—Utilize the outdoors, especially here at Fort Huachuca. The mountains are made for fitness! There's a wealth of nature and outdoor activity available, much of which encourages active lifestyles.

The Fort Huachuca Scout

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DoD announces increase in death gratuity and SGLI

DOD PRESS RELEASE

The Department of Defense has announced a significant increase in the death gratuity for the survivors of service members killed in action and the Servicemembers' Group Life Insurance coverage for service members deployed to designated combat zones.

The Emergency Supplemental Appropriations Act for Defense, the Global War on Terror and Tsunami Relief Act 2005 (Public Law 109-13) increases this immediate cash payment from \$12,420 to \$100,000 for survivors of those whose death is as a result of hostile actions and occurred in a designated combat operation or combat zone or while training for combat or performing hazardous duty.

The supplemental also increases the maximum amount

of SGLI coverage from \$250,000 to \$400,000 for all service members effective Sept. 1 and provides that the department will pay or reimburse the premiums to service members, who are deployed in a designated combat zone for \$150,000 of SGLI coverage.

Until the effective date for the SGLI increase, the supplemental provides for a special death gratuity of \$150,000, retroactive to October 7, 2001, for survivors of those whose death is in a designated combat operation or combat zone or occurred while training for combat or performing hazardous duty.

The Secretary of Defense has designated all areas where service members are in receipt of the combat zone tax exclusion as qualifying combat zones and all members deployed outside the United States on orders in support of

Operation Enduring Freedom or Operation Iraqi Freedom as participating in qualifying combat operations.

Effective immediately, survivors of servicemembers, who die in these qualifying zones or operations, will receive the increased benefits.

The services will also identify eligible survivors of service members who died in these designated zones and operations since October 7, 2001 and begin making the retroactive payments within a few days.

The process of identifying all eligible beneficiaries and completing these retroactive payments will take several months.

Survivors of members who did not die in a designated

See **GRATUITY**, Page A6

Virtual convoy, IED training helps Soldiers worldwide



Photo courtesy PEO STRI

Soldiers in a Virtual Combat Convoy Trainer.

ARMY NEWS SERVICE

The Army has fielded 125 simulation trainers for the detection of improvised explosive devices and to teach other advanced skills needed for tactical convoys in Iraq and Afghanistan.

These training devices include virtual theaters, simulators, and mobile objects devised by the Program Executive Office for Simulation, Training and Instrumentation.

Dr. Jim Blake, Program Executive Officer for STRI said understanding the requirements and capabilities wanted from Soldiers is what will optimize the effectiveness of the training and equipment.

"Now with the expeditionary ca-

pability, there is going to be a desire to move these things very rapidly, just like you move the force," he said.

STRI is now producing the next 600 simulators after receiving feedback from Soldiers. There are 200,000 to 250,000 troops participating in the training or involved in training fellow Soldiers on the current 125 located from Fort Bragg, N.C., to Afghanistan.

IED simulators provide an asymmetric environment, said Blake. "There is this complexity you have to deal with," he said. "... to prosecute the war on many fronts."

The leading cause of casualties in Iraq is IEDs. The simulations train-

See **CONVOY**, Page A15

Former Fort Huachuca Soldier honored during memorial service

BY SGT. 1ST CLASS DONALD SPARKS
NCOIC, 3RD ACR PUBLIC AFFAIRS

As the sun faded its rays behind Sinjar Mountain, Soldiers from Tiger Squadron stood in honor of their fallen comrade.

The men of Reaper Platoon stood in rank and file to say goodbye to Staff Sgt. Jeremy A. Brown during a memorial service held at Forward Operating Base Al Nimr, at Sinjar, Iraq on July 8.

Brown, a ground surveillance systems operator, was killed July 3 in a vehicle accident while conducting reconnaissance just north of the same picturesque mountain in Iraq.

"Staff Sergeant Brown was an extraordinary soldier and leader of soldiers," said Lt. Col. Gregory Reilly, commander, Tiger Squadron, 3rd Armored Cavalry Regiment. "He was respected, revered, and admired by his superiors, peers, and subordinates by the way he

carried himself, the example that he set, and in the tone ... in which he inspired the very best in others."

Assigned to 66th Military Intelligence Company, Brown was an instrumental part of leading and training a unique team – a ground surveillance radar platoon – the only one of its kind remaining in the Army.

Upon arrival in Iraq, the GSR Platoon was attached to Dragon Company, 1st Squadron, 3rd ACR, where Brown served as a squad leader.

Reaper Platoon formed and trained to fight as a Cavalry Scout Platoon, capable of mounted and dismounted operations, to fight as a maneuver formation with quarter troops and tank platoons in the execution of complex air and ground area security operations.

Capt. Laurence Christian, 66th MI Company commander, spoke on Brown's impact to the Soldiers serving under his leadership.

"From his first to last day of service in the

United States Army, Staff Sergeant Brown sought to set the standard and live by the code of the warrior," Christian said. "He was a Soldier and leader who could always be counted on to accomplish the toughest missions with skill and inspiring determination."

Christian also shared the final time he and Brown conversed after Brown had performed his duties as sergeant of the guard, while simultaneously directing the movement of the platoon's bunk beds and other equipment into their new living quarters with Dragon Company.

"We talked of Colorado, moving to the East Coast, what his plans were after the Army, getting generators for the platoon, and of course how his Soldiers were holding up," Christian said. "And in my normal fashion, I asked him how everything else was going, and he replied 'Don't worry Sir, Dragon treats us

See **SOLDIER**, Page A14

Back to school and safe as possible

BY GEORGE FLORA

SAFETY SPECIALIST, GARRISON
SAFETY OFFICE

With notebooks and backpacks on store shelving, it's time to go back to school. Some children love it, some hate it, but either way it is important they not only get the tools they need, but make sure they are as safe as possible.

School related hazards seem to fall generally into two areas: getting to and from the classroom and actual problems that are part of the school experience. The school system does an admirable job of reducing the chances of being hurt at school, yet a few problems are beyond their control. The following tips are suggested to minimize the likelihood of problems at school.

Make sure the student gets enough sleep the night before classes. Good

nutrition is important. Don't let the student skip breakfast. Make provisions for lunch. If the student uses a backpack, make sure it "fits" properly. Don't overload it. Don't let the student bring potentially hazardous items to school.

If the student is going to participate in sports, make sure he or she gets the go ahead from a doctor first. Also make sure they have suitable clothing, shoes and equipment for the sport. Establish methods of communication.

How can the student reach you if an emergency occurs?

How can you reach the student?

Set up a secret code so the student will know it is you and not a stranger calling.

Getting to and from school is the probably the leading cause of concern for parents.

Think about how the student is

going to get to school, walk, bus, private auto or bicycle? Each has advantages and problems. Have a back up plan for those days when the primary method isn't suitable. Make sure that the student is properly clothed for both going to school and actually attending school.

For walkers, be sure the student knows the route to and from school. This is especially important for younger children. Be sure they know what to do if they get lost. A buddy system is encouraged.

Be sure they know what to do if they are late leaving school. Warn students about strangers and some of the tricks they might employ.

If the trip is to be by bicycle, make sure it is properly equipped, the right size, sound and serviceable. A properly fitting bike helmet is a must.

If the student rides a bus, make sure he or she knows where it stops

and what time it departs. Have a back up plan in case it doesn't come or the student misses the bus. With younger children, make sure they know where to get off the bus at the end of the school day.

Students need to be aware of the blind spots around a bus. There are danger zones on all four sides of the bus. They need to stay at least 10 feet away from the front and sides of the bus and not be anywhere behind it.

Regardless of the method of transportation, make sure the student know the importance of following rules and obeying all traffic sign and signals.

The most important aspect of school safety above all is to be sure the student knows how to reach you, or someone they can trust, when something doesn't go according to the plan.

Getting to and back from school safely

BY ROB MARTINEZ

SCOUT STAFF

Fall is nearing, and one of the telltale signs of this passage is the start of the school year.

Of the many ways of transportation students use to get to school, the most common is the bus.

Often times, the potential hazards do not occur while riding the bus, but getting on and off. Those who have alternate means of transportation share some risks as well.

The best remedy for any risk is avoidance. According to Staff Sgt. Jeffery Krueger of the Provost Marshal's office, motorists need to pay attention to the change in speed limits. The speed limit around any school zone and crosswalk will be 15 miles per hour. The signs are placed around school zones and crosswalks, and are visible to all motorists. "All school zones are zero tolerance," he said, "one or two miles over the limit, you will still get a ticket."

(As of present publication, the Provost Marshal has not decided to change the speed limit on Smith from 30 miles per hour to 25, but it is a possibility. Please see future issues of The Scout for any updates.)

Krueger also cautioned to watch out for students who won't be watching out for themselves, especially when backing out of parking stalls and in areas where there are no crosswalks. "kids," he said, "just start crossing the street."

The following are some safety tips provided by the governors' office of highway safety.

Drivers

When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.

When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking about getting there safely.

Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.

Be alert. Children arriving late for the bus may dart into the street without looking for traffic.

Slow down. Watch for children playing and congregating near bus stops.

Children

Get to the bus stop at least five minutes before the bus is scheduled to arrive.

When the bus approaches, stand at least three GIANT steps (6 feet) away from the curb, and line up away from the street.

Wait until the bus stops, the door opens, and the driver says that it's okay before stepping onto the bus.

If you have to cross the street in front of the bus, walk on the sidewalk or along the side of the road to a point at least five GIANT steps (10 feet) ahead of the bus before you cross. Be sure that the driver can see you and you can see the bus driver.

Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get

caught in the handrails or doors.

Never walk behind the bus.

Walk at least three GIANT steps away from the side of the bus.

If you drop something near the bus, tell the bus driver. Never try to pick it up because the bus driver may not be able to see you.

School Bus Warning Signs

This system is used to alert other drivers on the road to the actions being taken by a school bus.

Yellow Flashing Lights - This indicates that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.

Red Flashing Lights - This indicates that the school bus is in the process of loading or unloading children. The red octagon "STOP" sign will also be extended at this time. Motorists must stop their cars and wait until the red lights stop flashing and the extended "STOP" sign is withdrawn and the bus begins moving before they can stop driving again.

School Bus Laws

The section of the Traffic Law manual for the State of Arizona that deals with school bus law is ARS 28-857.

This law says that when meeting or overtaking, from either direction, a school bus that is stopped on the highway, the driver of a vehicle on the highway shall stop their vehicle before reaching the school bus if a red octagon with

See **BUS SAFETY**, Page A15

AAFES honors retirees with 'Still Serving' weekend

AAFES PRESS RELEASE

The Army & Air Force Exchange Service is formally honoring military retirees during its annual "Still Serving" weekend, Sept. 16-18, at PXs and BXs throughout CONUS and in select stores in Europe and in the Pacific. AAFES "Still Serving" consists of a direct mail campaign to approximately 1.4 million military retirees, including information about their Exchange benefits, a variety of coupons and discounts and a sweep-

stakes entry card.

Throughout the "Still Serving" weekend, AAFES stores are creating excitement through special events such as drawings, free refreshments, free product samples, vendor demonstrations and door prizes.

Representing nearly half of AAFES' military households, the Exchange strives to maintain a strong relationship with retirees throughout the entire year.

"Military retirees make up 42 percent of sponsors eligible to shop

AAFES facilities," said Mike Westphal, senior vice president, Marketing. "While we pause to formally recognize them in September of each year, AAFES and its associates understand that retirees deserve our gratitude 365 days a year."

Every time retirees choose to shop at the Exchange, they provide needed support for Morale, Welfare and Recreation programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor

recreation.

"Retiree support plays a big part in AAFES' annual dividend. Without their support it would not have been possible for AAFES to return more than \$242 million to Armed Forces MWR programs last year," said Westphal.

Retirees can learn about activities planned for their Exchange by calling their local store manager. Contact information can be found online at aafes.com, by clicking on the "store locator" link.

Fast food brings a piece of home to deployed troops

AAFES PRESS RELEASE

From the time the first Burger King restaurant opened at Baghdad International Airport June 10, 2003, to the newest Starbucks and Charley's Grilled Subs opening July 2005 in Arifjan, Kuwait, the Army & Air Force Exchange Service has been providing deployed troops with a taste of home and an instant morale boost.

The number of name brand fast food restaurants AAFES operates in Operation Iraqi Freedom, from Camp Sather to Camp Victory, has expanded rapidly since the first Burger King. There are now 41 name brand fast food restaurants, including eight Burger Kings, nine Subways, two Cinnabons and one Taco Bell.

Name brand fast food can also be found throughout Operation Enduring Freedom. Subways and Burger Kings are located in

Kuwait and Afghanistan to the delight of hungry troops looking for a relief from the realities of serving in a hostile location so far from home.

Wherever troops are sent, AAFES is sure to follow with support and a familiar snack. In addition to the name brand fast food facilities found in Operations Enduring and Iraqi Freedom, AAFES operates more than 2,000 restaurants worldwide.

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The key to a successful first day is a good attitude

BY ROB MARTINEZ
SCOUT STAFF

With the start of school, students' concerns abound: safety, fashion, supplies, homework on the first day, just to name a few. How smoothly the day goes is not one of the least.

The first day's jitteriness can be easily reduced, if not remedied though. The root of a fine day at school sprouts at home.

Fifth grade teacher Kim Tomlin, of Myer Elementary School, said it's a good idea for students to get plenty of rest before the school day, so they can get

back on schedule. It's not too late to practice getting to bed early.

Also, a good breakfast, with time to enjoy it, helps, as well as a good hug on the way out.

She also encourages developing a positive attitude. "Parents should make it seem like an exciting time, so the kids think it will be. Make the morning fun, especially the first day," she said.

Attending open house is another way to alleviate some first day trepidation. Students should meet the teacher, with their parents, and familiarize themselves with class procedures. "That takes care of a lot of stress," she said.

The formula for success doesn't end there. What occurs when the student gets home is just as important. Tomlin agrees that talking about the day helps. "Don't let them get away with just saying 'Okay' or nothing at all, she said. "Ask questions: who you met, what you liked, what you were worried about. You know; good points, concerns."

Kim practices what she preaches. She mentioned that she is looking forward to meeting new kids, and implementing some exciting changes in her curriculum. "I did a lot of reading over the summer," She said. "I want to try some new things I've read about."

GRATUITY, from Page A3

combat operation or combat zone, but were training for combat or performing hazardous duty, will also qualify for the increased benefits.

Circumstances that qualify include: aerial flight, parachute duty, demolition duty, diving duty, war games, practice alerts, tactical exercises, leadership reaction courses, grenade and live fire exercises, hand-to-hand combat training, confidence and obstacle courses, accident involving a military vehicle or military weapon, exposure to toxic fumes or gas and explosion of military ordnance.

No amount of monetary compensation or level of assistance can replace a human life. However, it is our

country's duty to recognize the loss of a service member with dignified and appropriate support for the family members left behind. These death benefit enhancements recognize the direct sacrifice of life of those service members placed in harm's way and in service to the nation.

All beneficiaries for retroactive payments will be contacted by mail or telephone. If someone is not contacted, but thinks he may be entitled to added benefits, he may inquire at the following addresses or telephone numbers:

Army: Department of the Army Casualty Operations at toll-free 1-800-626-3317.

Navy: Navy Personnel Command (PERS-62), 5720

Integrity Drive, Millington, TN 38055-6200 or call toll-free 1-800-368-3202.

Air Force: Air Force Personnel Center Casualty Services Branch at AFPC/DPFCS, 550 C Street West, Suite 14, Randolph AFB TX 78150-4216 or call toll-free 1-800-433-0048.

USMC: HQMC Casualty Office, 3280 Russell Road, Attn: MRPC, Quantico, VA 22134 or call toll-free 1-800-847-1597.

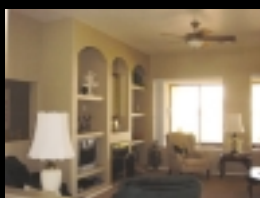
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Child Development Center visited by water safety specialist

BY ROB MARTINEZ
SCOUT STAFF

Water Safety Specialist Kaila Brasington, from Tucson, gave a class to children at the Child Development Center, Monday. Her classes are sponsored by the National Spa and Pool Institute, and are free to schools and day care centers.

"I had heard about her and asked her to come down to supplement the school's safety awareness," George Flora, Fort Huachuca safety specialist, said.

The class consisted of a lecture, in which some children participated by

holding posters portraying the safety rules put into effect, and an opportunity for the children to ask questions and tell safety related stories.

During the class, Brasington told the children to never swim alone, and always go with a grown-up. "A grown-up can be grandma, grandpa, anyone over 18," she said.

She also advised to resist jumping in to save someone, because they could drag you down with them. "Throw them something that floats," Brasington said. "If nothing you do works, you always have the grown-up. Don't waste your time. Get your grown-up."



Photo by Rob Martinez

Children wait to meet Goldie the Fish as part of the Water Safety class.

George Flora spoke with the children after the class, reiterating what Brasington had gone over and

warned the children to watch for flash

See **SAFETY**, Page A14

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New post superintendent begins work



Photos by Spc. Marcus Butler

Dr. Ronda L. Frueauff

The following interview with Dr. Ronda L. Frueauff was conducted by reporter Amanda Keith on July 22.

What do you think of Fort Huachuca so far?

Well, it's day 13 and so far I've been focusing a great deal of my energy on personnel ... We've had, of course, some changes in staff. My few days have been [spent] doing interviews with a gifted teacher we now have employed ... what I know so far is I have about four or five key positions that I need to fill, and we'll be finishing up those interviews next week ... So I've been doing the team development, securing personnel to do the jobs and as far as what I've observed and what I know, it's an outstanding school system and has great potential. It's going to take me a little while to know policies and procedures and where the focus is, but one of the things that I do know is that I want to do everything I can do to expand the educational opportunities of the students that go to school here.

What does the superintendent do for schools?

In this particular system, we're going to be building buildings. So a great deal of my job is going to be monitoring construction, and insuring that we're fiscally responsible, insuring that we're well staffed on an administrative level, policy development, do a lot with advocacy.

I do a lot of political influencing in Washington for national impact and schools that are funded with impact aid, so this position has a couple of unique pieces to it ... I'll spend a lot of time working with the [legislative] as it relates to federally impacted schools.

You mentioned policy development?

Schools systems naturally have an association; a school boards association develops policy and those filter through and come down for review. We don't have nearly as many policies in this particular school system because we're K-8, so anything that would relate to secondary, we don't have to deal with, which is also nice. We have a unique situation in the sense that we have to

have policy as it relates to ... children who are dependents of military personnel, so we have some policies that are a little bit unique to this system.

Policies that we're looking at right now have to do with operations; we had a policy that was ... related to retirement incentive and the board has approved that policy ... We have some policy that will look at internal operations; we're going to look at extra duty pay policies. Those are fiscal as well as operational, so those are the ones I know about, I'm sure that I will discover some new policy review processes that need to take place ...

You do have to have policy that governs different kinds of behaviors and actions of the people who are in your system and there probably are some policies that we are going to have to take a look at that we don't have, mostly related to overtime comp pay and those kinds of things.

What are your goals for why you're here?

My number one goal is to be build a real strong collaborative community focused on students needs. My second goal is to insure that we're fiscally responsible ... that we're conscious of the fact that funding is limited ... My third goal is to insure that the construction projects are going to meet the needs of the students.

[General Myer School's construction is on schedule and the construction for Colonel Johnston School should begin in the spring or summer of next year, Frueauff added].

How do you work with the school board?

The key is communication. I am a firm believer that I need to be in direct communication constantly with my board, through emails, through the phone calls, whatever, so that the board is aware of the operations, what's going on.

The superintendent is responsible for day-to-day administration, and the board is responsible for policy development, and so far, I think we have that understanding and I believe that we will work through any of our challenges through that communication [piece]. I think that's the key.

What are your expectations of being a superintendent?

Since this is my tenth year as superintendent, my understanding of the responsibility is to be a strong, visible leader ... My expectation is that I'm going to have a collaborative team that's going to help me operate a good school system. You don't do it by yourself.

Do you have any programs or initiatives that you actually want to implement or see happen here?

Where I think we can do more is in our enrichment enhancement program for children who are gifted and talented and children who have just diverse pallets. I would want to look at the middle school curriculum to ensure that we are deep enough, have a depth that is great enough to prepare our students to move on to the high school program and on to higher education.

The second thing that has to do with programs is just to make sure that we have articulated curriculum that meets the states standards.

Are there any areas where you really see a need for improvement in post schools?

It's really hard to say that an excelling school and two high-performing elementary schools have any need for improvement, but my experience has been that we can all do things better ... I know that, just personally, you can always set higher standards for yourself

One particular area that I want to see strengthened is parent advisory committees and groups in the schools and active parent participation. It exists, it's here, but I don't know to what level and I really want parents to realize that the schools are their schools, we're just the facilitators of the educational program. And that means we've got to have parents in the school, involved in the education ... I want to make sure that they're part of the decision making, that everybody's input is listened to ... I think that's always an area that schools can improve on, that parent-community connection. It can always be stronger; it's never strong enough to make sure that every child is getting everything they need.

Back to school

BUS TRANSPORTATION

All preschool students attend General Myer Elementary School. All preschool students will be transported by school bus from home to school. If you move, or if your student is to be transported to and from another address, the school office must be notified.

All kindergarten students attend General Myer Elementary School. All kindergarten students will be transported by school bus. Parents will be advised at time of registration the bus stop number.

All 1st, 2nd, and 3rd grade students attend Colonel Johnston Elementary School. Students

residing west of Henry Circle will be transported by school bus from stops 1, 2, 2A, and 3.

All 4th and 5th grade students attend General Myer Elementary School. Students residing in Bonnie Blink and from the Post Flagpole to the southwest on Grierson Avenue, and west side of Smith Middle School will be transported by school bus from stops 1, 2, 2A, 14, 15, and 16.

All 6th, 7th, and 8th grade students attend Colonel Smith Middle School School. Students residing in west side of Arizona St. will be transported by school bus from stops 1, 2, 2A, 3, 4, and 5.

Following is a list of established bus stop numbers and their locations.

1. Grierson Ave. (Behind 113 Grierson) (on Grierson Ave. across from Dist. Admin)	K	J	M	S
2. Burt Rd. near corner of Leonard Wood Rd. (Burt across from Leonard Wood at mail box)	K	J	M	S
2A. At mail box on Evans Rd. and Burt Rd.	K	J	M	S
3. Henry Cir. Playground	K	J		S
4. Smith Ave. across from Burger King (corner of Luke and Smith)	K			S
5. Mason St. between Arizona St. and Lawton Rd.	K			S
6. Recreation area across from 104 Compton St.	K			
7. Vicinity of 105 Craig St. (Craig stop is marked in front of mail box)	K			
8. Between 110 Stovall St. and 153 Jeffords St. (corner of Stovall and Jeffords)	K			
9. Rucker St. across from entrance to Johnston school	K			
10. Playground across from 115 Rafferty St. (between Hardly and Royal)	K			
11. Playground across from 128 Faison Cir. (Faison stop is marked)	K			
12. Corner of Jeffords St. and Cushing St.	K			
13. In front of 112B Hanna St.	K			
14. Vicinity of 150-B Hall Cir. at corner of Kautz Ave. (by mail box at 101 Hall)	K		M	
15. Corner of Irwin St. and Hall Cir.	K		M	
16. Between 101-B Mott Cir. and corner of Irwin St.	K		M	

Students should arrive at school bus stops approximately thirty (30) minutes prior to class starting time.

Note: Bus service provided to students living outside of one-mile radius of school.

(Revised 7/28/04)

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Range Closures

For more information on range closures, contact Range Control at 533-7095. Closures are subject to change.

Register for preschool

Registration is now open for The New Beginnings Child Development Center's "Part-Day" Preschool Program, for children ages 3 - 5 that are not enrolled in kindergarten. The program begins Aug. 15 for the 2005 - 2006 school year.

The curriculum is appropriate to the age, individual needs, learning style and interests of each child, as well as sensitive to cultural and community concerns that effect the children served.

For more information, call the Child and Youth Services Central Registration Office at 533-0738. The office is located in Murr Community Center, Building 51301.

Construction delay

Due to inclement weather, completion of the culvert replacement at Allison Road has been delayed until the week of Aug. 8. Allison Road will be closed to all traffic from just past the Lakeside Club Road to Winrow.

A portion of Squire Road from Winrow to Allison will also be closed. The Directorate of Public

Works appreciates your cooperation and patience during this construction.

If you have any questions or concerns, please contact Mr. Eric Gabel, 533-1443.

Newcomer welcome

Army Community Service wants to welcome newcomers to the Fort Huachuca community.

The Huachuca Welcome - a newcomer's orientation - is scheduled for 9 a.m., Aug. 10 at Murr Community Center.

The orientation will provide information about the installation and the community. A tour of the post is provided

Pre-register by calling ACS at 533-2330. For more information, call Pamela Allen at 533-5919.

Warrant Officers monthly meeting

The United States Army Warrant Officers Association Arizona Silver Chapter will be holding its monthly meeting at 11:30 a.m. on Aug. 16 at the TMAC. This month they will be discussing the 5th Annual Golf Tournament. All Warrant Officers (active, reserve, retired) and Warrant Officer Selectees are welcome. Come and see our new Warrant Officer memorabilia available for purchase.

For more information, please call Chief Warrant Officer Erin O'Hara at 533-4843.

Volunteer training

The Army Volunteer Coordinator will offer Volunteer Management Training, 5:30 p.m., Aug. 17 at the Army Community Service, Building 50010. The class is open to anyone who oversees volunteers and is interested in attending.

For more information or to register, call 533-2330.

Preschool screening

The Fort Huachuca Accommodation School District will be conducting a preschool screening on Thursday, August 18, 2005 for all 3-, 4-, and non-kindergarten 5-year-olds residing on Fort Huachuca.

The screening instruments the schools intend to use are designed to survey gross-and-fine-motor skills, communication skills, cognitive development and socio-emotional development. In addition, they will be testing hearing and vision.

Through the screening process, the schools hope to identify those children in need of any type of early childhood special education services. If you suspect a disability in your preschool age child, call the

FHAS district office at 459-8399 or 458-5082 by August 15.

AFTB Level II classes

Army Family Team Building will offer Level II AFTB classes 5:30 - 9 p.m., Aug. 23, 24, 25, 30 and 31 at Murr Community Center, Building 51301.

AFTB Level II is a series of classes that range from understanding Army life to enhancing leadership skills.

The classes are free but please pre-register with Army Community Service at 533-2330 or 533-3686, or e-mail huachuca_aftb@hotmail.com.

For more information, call Cheryl Patterson at 533-3686.

AFA offers half-price memberships

This offer enables E-1s through E-4s to join AFA for a discounted annual fee of \$18-half off the regular yearly price of \$36. We're excited about increasing the opportunity of young Airmen to join our association. By joining AFA, members receive 12 monthly issues of Air Force Magazine, the professional journal of the association. Members can also take advantage service, travel services, access to a "members only" online community and more. For more information, go to their Web site at www.afa.org.

Chaplain's Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Village
11 a.m.	Cross Roads	Cochise Theater
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Village

Roman Catholic Worship

Mon.-Fri.	11:30 a.m.	Main Post
Saturday	4 p.m.	Main Post
Confession		
Saturday	5 p.m.	Main Post
Mass		
Sunday	9:30 a.m.	Main Post
Mass		
Sunday	11:30 a.m.	Kino Chapel
Mass		

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

	<u>Main Post Chapel</u>			
	CCD	Sunday	10:45 a.m.	
	Adult	Sunday	10:45 a.m.	
	Apologetics			
	Adoration of the	Friday	3 - 6 p.m.	
	Sacrament Blessed			
	Korean OCIA	Friday	7p.m.	
	MCCW	1st Friday	7 p.m.	

Protestant

	<u>Main Post Chapel</u>			
	PWOC	Tuesday	9 a.m.	
	Sunday School	Sunday	9:30 a.m.	
	<u>Kino Chapel</u>			
	Women's Ministry	1st, 3rd Friday	6 p.m.	
	Bible Study Fellowship			
	Adult/Youth	Sunday	8 a.m.	
	Sunday School			

Youth Church	1st, 2nd, 3rd, 5th Sunday	
Men's Choir	Tuesday	7 p.m.
Rehearsal		
Women's Choir	2nd Tuesday	7 p.m.
Rehearsal		
Adult Bible Study	today	6 - 7 p.m.
Youth Bible Study	today	6 - 7 p.m.
Sanctuary Choir	today	7 p.m.
Rehearsal		
Youth Ushers	Saturday	10 a.m.
Youth Choir	3rd Saturday	10:30 a.m.
Youth Emphasis	4th Saturday	
Saturdays		
Drama Team	Saturday	8:30 a.m.
Youth Min. Staff	Saturday	10 a.m.
& Parents Meeting		
Youth Choir	Saturday	10:30 a.m.
Rehearsal		

Murr Community Center

Teens and	Sunday	9:20 a.m.
Pre-teens Study		
Parish Council	1st Sunday after service	

Meetings		
Women's Ministry	2nd Sunday	
Meetings		
Youth Ministry	3rd Sunday	
Meetings		
Adult Usher	4th Sunday after service	
Meetings		
Men's Ministry	Saturday	8 a.m.
Bible Study		
Women's Choir	5th Saturday	11 a.m.
Rehearsal		

Muslim Prayer

Friday	11:30 a.m.	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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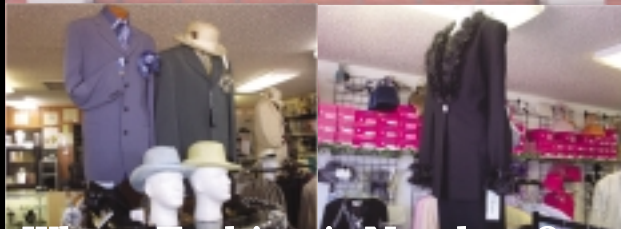
Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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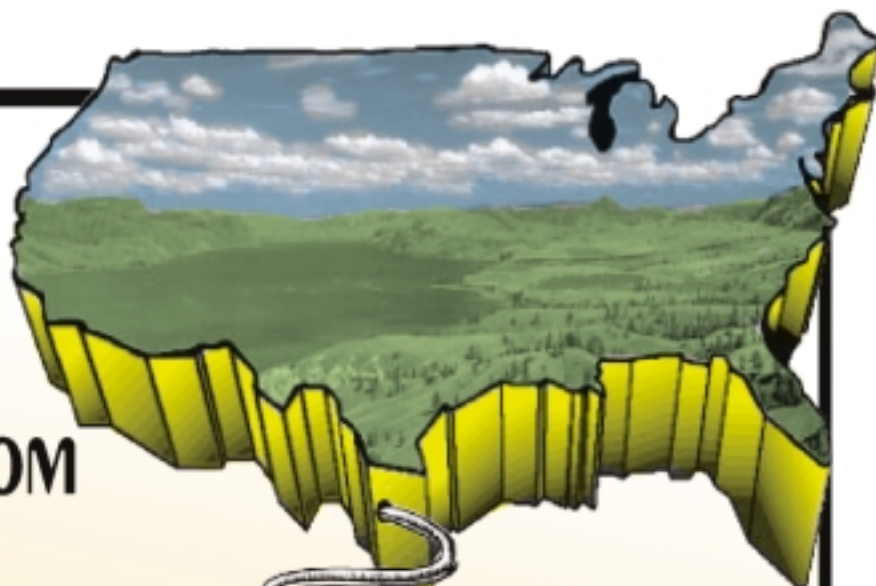
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SOLDIER, from Page A3

like we're one of their own.' I could not have asked for a more reassuring comment."

Dragon Company Commander, Capt. Wade Birdwell, described Brown as having the greatest attitude of any Soldier he'd ever known.

"Regardless of the mission or the conditions, he was always up beat about the situation," Birdwell said.

Brown, from Beckley, W.Va., entered the Army July 9, 1997 and attended Basic Training at Fort Sill, Okla. Upon graduation, he went to Fort Huachuca, Ariz., to attend the U.S. Military Intelligence School and awarded his military occupational specialty of 96R.

He served in Operation Iraqi Freedom I with the 311th MI Battalion at Fort Campbell, Ky., where he met and mentored Cpl. John Morris, who'd soon follow him to Fort Carson and be assigned to the same unit.

"I had known Staff Sgt. Brown since I first was assigned to the 101st Airborne Division three years ago," Morris said. "As a new Soldier, I was personally and professionally impressed with the true caliber of this great noncommissioned officer. He was truly a role model to emulate, that inspired me and many others."

Morris recalled how he was nervous after receiving orders to be reassigned to Fort Carson.

"When I first found out that I was on my way to venture off into another unit, I was somewhat skeptical, full of uncertainties," Morris said. "However, when Staff Sergeant Brown came down for assignment to Fort Carson, my issues became few, for I knew that I would be okay. He took away the anxieties and confusion that I was feeling."

As the final salutes were rendered at the podium to the leader who craved Dr. Pepper sodas more than water, the dusk sky shadowed Brown's boots for the last time, but not his memory in the hearts of the men who loved him.

Brown is survived by his wife, Rosemary, his son Seth, and his mother Teresa.

SAFETY, from Page A8

floods, especially around washes, and to not go after their pets if they fall into a pool or deep water. "They swim better than you do. Don't go after them," he said.

One child asked if horses could swim, and George assured her that they could. Another child noticed that it was a grown-up who was drowning, in the picture, and a kid throwing out

the life-saver. "Hopefully your grown-up knows how to swim," Brasington said,

George mentioned that the life guard has a lot of people to watch, and may not see a person in trouble quickly. "Help them out. Let them know," he said. "They have a lot of them to watch."

After the class, Brasington left, and

the giant fish Goldie visited the children. Her partner, Gus (another fish), couldn't make it. Goldie brought coloring books, which outlined the safety rules, and stickers for the children.

Water safety tips:

- Never swim alone.
- Learn to swim.
- No diving in shallow water.

No glass containers around the pool.

Swim only in clear weather: head for cover.

No running or horseplay.

Keep electrical appliances away from the pool.

Don't jump in to save someone; throw something that floats; get a grown-up.

Water and electricity are a dangerous combination.

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- *Never use electric household appliances near water or when you're wet.*
- *If an electric appliance falls into water, unplug it before retrieving it, and then have it checked by a qualified repairman.*
- *Keep electric items 10 feet away from pools.*
- *Avoid using outdoor electric equipment and extension cords when it's raining or wet. Even morning dew can create a dangerous situation.*
- *Store outdoor equipment in a dry place.*



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CONVOY, from Page A3

ing will help Soldiers identify, handle, and dispose of the explosives safely, Blake said.

The training has been well received by Soldiers worldwide. "There are different ways in which you can detonate them and configure them because it's hands-on," explained Blake. "[Soldiers] can gain an understanding of how our adversary may construct one and how one might be

hidden." The training also lets the Soldiers know when an explosion occurred, but they do not get injured.

Soldiers are immersed into a virtual environment when training on the Virtual Combat Convoy Trainer.

"The training scenarios immerse Soldiers into a variety of real-life situations," states a report by Sara Delk-Tierney at the Lockheed Martin Simulation, Training, and Sup-

port Center, which works with PEO STRI. "...Thus providing the Soldier and convoy leaders with the skills necessary to save lives."

Basic VCCT training includes mission rehearsals, convoy handling, as well as recognition of IEDs.

Currently, there are more than 318,964 training devices for Soldiers at 414 worldwide stations and

20 foreign countries ranging from Camp Shelby, Miss. to Baghdad, Iraq. PEO STRI, located in Orlando, Fla., is a partnership between with the Kennedy Space Center, National Center for Simulation, among others.

"The Acquisition community is leaning forward to help the Soldiers," said Blake. "If there's a way to get it there, we'll get it there."

BUS SAFETY, from Page A4

the words "STOP" printed on both sides and the alternating flashing lights are in use by the school bus.

Most violations of the traffic law manual are considered civil violations and can be resolved with a citation from a law enforcement officer. A violation of the school bus law in our state is a criminal offense. This means that the driver of the vehicle could

be placed under arrest and face costly penalties in court.

Don't place our children at risk!! When a school bus is displaying the flashing red lights and the "STOP" sign, stop, and don't proceed until the signal has been deactivated.

For more information on safety, call the Fort

Huachuca Safety Office at 533-8373. The web site for Arizona school bus safety laws is www.azgohs.state.az.us/schoolchildren_safety.html.

The bus schedule for Ft. Huachuca schools is available online at www.fthuachuca.k12.az.us/transport.html.

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Back to school

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DISTRICT # 00
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Fort Huachuca, Arizona 85670

Administration

Fort Huachuca Accommodation Schools are Arizona public schools under the Department of Education. The schools are not Department of Defense Dependent Schools. The school district is under the direction and authority of the Cochise County School Superintendent, Trudy Berry, and directly administered by a district superintendent. Financial support for Fort Huachuca Accommodation Schools is derived from State Aid and Federal Impact Aid.

District Office and Administrative Personnel

Dr. Ronda Frueauff superintendent 459-8199
Diane Chinen secretary to the superintendent 459-8199
Vacant July 1, 2005 Director of Personnel and Curriculum 459-8888
Susana Stinson administrative secretary 459-8888
Carol Kaunzner director of technology 452-4454
Pat Marsh director of special education 459-8399
Cheryl Ramirez administrative secretary 459-8399
Janet Wilcox manager of finance and business 458-5082
Lyla Offield District Office secretary 458-5082
Setsuko Lawhorn senior office clerk 459-8599
Kay Steventon account clerk/payroll 452-0113
Sharon Flores account clerk/accounts payable 459-8511
Ward Sherwood school psychologist 459-8498

The superintendent's office is located at building 21111 Hines Road and the business office is located at building 21110 Hines Road. A certified principal administers each school. Each school employs a registered nurse. ELL (English Language Learner) coordinators, speech therapists, and counselors are employed and work at all three school sites. The Transportation and Maintenance Department is managed by Todd Poer (459-8891).

Colonel Johnston Elementary School

Robert Henderson, principal and Lisa Kyte, principal's secretary (459-8798), are located in Building #47120 on Rucker Street.

1st, 2nd, and 3rd grades 8:10 a.m. – 2:15 p.m. (Thurs. at 1:15)

General Myer Elementary School

Connie Johnson, principal and Beth Searls, principal's secretary (459-8986), are located in Building #45103 on Smith Avenue.

Preschool - Morning (M,T,W,F) 9:00 - 11:00 a.m.
Preschool - Afternoon (M,T,W,F) 12:30 - 2:30 p.m.
Kindergarten – All Day 7:55 a.m. - 1:45 p.m. (Thurs. at 1:20)
4th and 5th grades 7:55 a.m. – 2:40 p.m. (Thurs. at 1:30)

Colonel Smith Middle School

Casey O'Brien, principal and Glusta Williams-Spann, principal's secretary (459-8892), are located in Building #67601 on Cushing Street.

6th, 7th, and 8th grades 8:00 a.m. – 2:55 p.m. (Thurs. at 1:40)

Please Note***

School grounds and buildings are open and students are under supervision 15 minutes prior to the start of their school day until time of dismissal. Students should not arrive more than 15 minutes before the start of the school day unless prior arrangements have been made. Students leaving school prior to regular dismissal time must be picked up by a parent, or bring a written request from a parent, which will be verified with a phone call from the school office; otherwise they will not be allowed to leave.

STUDENT TEXTBOOKS/SUPPLIES

Textbooks are furnished at no expense to the students. Misuse or unwarranted wear and tear will result in charges for repairs.

If books are lost, students will be held responsible for the cost of the books.

Students riding bicycles to school should make sure the bike is placed in the bike rack and locked to prevent loss.

The District usually provides everyday supplies. However, there may be occasions when a teacher/school may request that the student bring a special item. In the event the student cannot bring the item; every effort will be made to assist in obtaining it for him/her.

STUDENT IMMUNIZATIONS

Arizona State Law requires that all students entering Arizona Public School be immunized against measles, rubella (German Measles), diphtheria, poliomyelitis, hepatitis and that these immunizations be up-to-date

upon enrollment. Failure to comply will cause student to be excluded from school.

TRANSPORTATION

Transportation of students is a privilege extended to students in the district, and not a statutory requirement except for necessary transportation of students with disabilities as indicated in their Individual Education Programs. Transportation funding is determined by the Arizona Department of Education and DOES NOT provide for transporting students within a one-mile radius of the schools. The District does not receive extra funding to transport students who reside outside of this designated area, but it does transport all Kindergarten students. In addition, those students residing off-post must be transported by their parents.

Transportation questions and/or complaints should be directed to the Transportation/Maintenance Manager, Mr. Todd Poer at 459-8891.

DISTRICT COMMUNICATIONS

The Cochise County school superintendent acting as the school board, governs the district. Governing board meetings designed to communicate with the public are scheduled on a monthly basis. These public meetings are publicized at each school building, posted on the Web site, and at the main Post Exchange.

In addition to the above, each school sends home monthly newsletters and all three schools host a marquee which announces special events/dates and information. There are various meetings held throughout the District such as: Site Council, Safety Committee, Staff, and Administrative Team Meetings.

The District makes every attempt, when possible, to place important events/information in the local newspapers (Huachuca Scout/Sierra Vista Herald). We also utilize the Commander's Access Television Channel (97), radio stations and the District website (www.fthuachuca.k12.az.us) in times of inclement weather, or school closings.

The superintendent sponsors an "open door" policy. However, as in the military, there is a chain of command. If parents have a problem or complaint it must first be presented to the teacher. If a resolution is not (continued on the next page)



A classroom at Colonel Johnston Elementary School.

photo by Dan Simon

School registration information

Registration for the 2005/2006 school year will be held on Wednesday, July 27, Thursday, July 28 and Friday, July 29, 2005 at Myer, Johnston and Smith Schools.

Please note the following registration times:

Wednesday, July 27, 2005 8 a.m. to 1 p.m.

Thursday, July 28, 2005 8 a.m. to 1 p.m.

Friday, July 29, 2005 8 a.m. to 12 p.m.

On August 8 and 9, 2005, Smith Middle School will only register students from 8 a.m. to 10 a.m.

All students (new and pre-registered) MUST register at the appropriate school that their child will be attending.

STUDENTS PREVIOUSLY ATTENDING Fort Huachuca Schools:

There will be a special registration area for those who pre-registered in the spring. Parents will need to update emergency contact information, pick-up the 2005/2006 school/student handbook, district information sheets, free/reduced lunch applications, class assignments (Myer & Johnston only). Smith Middle School will provide class and locker assignments on the first day of school.

NEW STUDENTS: When registering new students, parents MUST supply a birth certificate, a shot record and previous school

Information (cont ...)

reached, the principal would be the next avenue to pursue. If after meeting with the teacher and principal, there is still no resolution, then the superintendent may be notified. The last link in the chain would be the school board. A school liaison officer is also available to assist with unresolved concerns. The school liaison officer can be reached at 533-1133.

DISTRICT INFORMATION/EMPLOYMENT OPPORTUNITIES

The district employs military dependents and civilians in various positions throughout the district. We encourage anyone interested in employment with the district to visit the administration office, school sites or the district Web site for vacancy postings. Please contact the Human Resources Department for further information at 459-8888.

On behalf of the School Board, the Administration and the Staff, we would like to welcome you and your student to our district!

records (or address to send for them). According to Arizona Law, those students whose immunizations are not up-to-date will not be allowed to attend school until verification is provided to the school nurse.

School begins on Wednesday, August 10, 2005. Bus schedules will be available at registration and published in the Fort Huachuca Scout and the Sierra Vista Herald.

Every Thursday is an early release day (in-

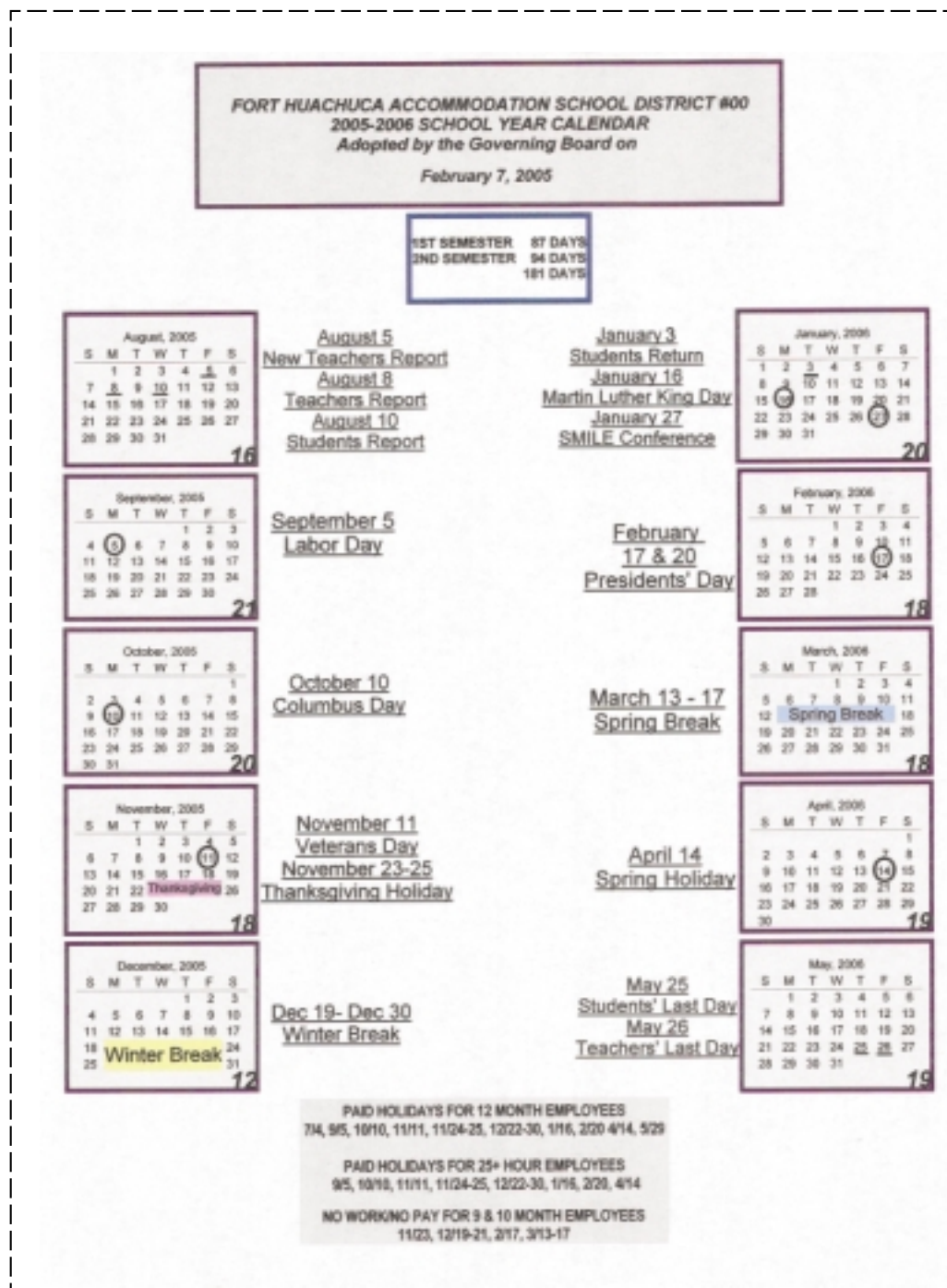
cluding the 2nd day of school) and schools will be dismissed as follows:

Johnston Elementary School 459-8798 early release 1:15 p.m. Grades 1 - 3

Myer Elementary School 459-8986 early release 1:20 p.m. Kindergarten

Myer Elementary School 459-8986 early release 1:30 p.m. Grades 4 - 5

Smith Middle School 459-8892 early release 1:40 p.m. Grades 6 - 8



DiD You Know...

Symptoms of Diabetes

If you notice one or more of the following symptoms see a doctor immediately.

- Extreme thirst
- Frequent urination
- Drowsiness, lethargy
- Sugar in urine
- Sudden vision changes
- Increased appetite
- Sudden weight loss
- Fruity, sweet, or wine-like odor on breath
- Heavy, labored breathing
- Stupor, unconsciousness

For more information, call the
Juvenile Diabetes Research
Foundation at 1-800-533-CURE
or visit www.jdrf.org

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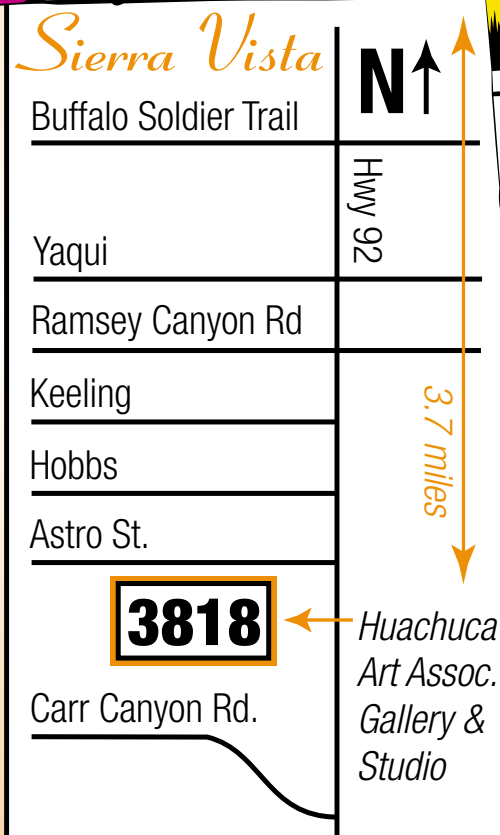
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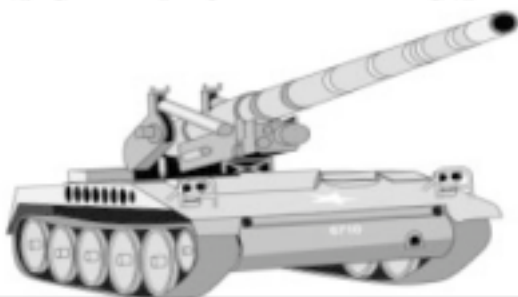
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Service News

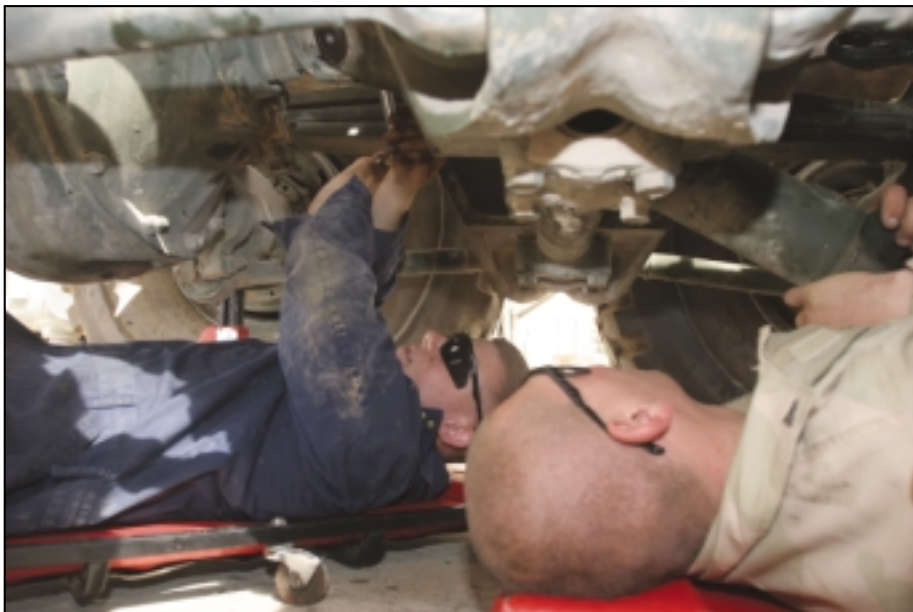


Photo by Cpl. C. Alex Herron

Desert mechanics

Lance Cpls. Rusty Young, a Redding, Calif., native, and Joshua Deblasis, a Cleveland native; both mechanics with Marine Wing Support Squadron 371, repair a universal joint on a rear drive shaft here. The Marines in the Sand Shark maintenance platoon provide vehicle maintenance support in Al Taqaddum, Iraq.

The Fort Huachuca Scout



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Ultimate sacrifice paid in support of OIF

Pvt. Ernesto R. Guerra, 20, of Long Beach, Calif., died July 29 in Baghdad, Iraq, of injuries sustained on July 28 in Baghdad, Iraq, when his HMMWV was involved in an accident. Guerra was assigned to the Army's 4-3rd Brigade Troops Battalion, 3rd Infantry Division, Fort Stewart, Ga.

Lance Cpl. Christopher P. Lyons, 24, of Shelby, Ohio, died July 28 when his unit came under attack by enemy small-arms fire and rocket-propelled grenades while conducting combat operations in Cykla, Iraq. He was assigned to the Marine Reserve's 3rd Battalion, 25th Marine Regiment, 4th Marine Division, Columbus, Ohio. During Operation Iraqi Freedom, his unit was attached to Regimental Combat Team-2, 2nd Marine Division, II Marine Expeditionary Force.

Cpl. Andre L. Williams, 23, of Galloway, Ohio, died July 28, when his unit came under attack by enemy

small-arms fire and rocket-propelled grenades while conducting combat operations in Cykla Village. He was assigned to Marine Forces Reserve's 3rd Battalion, 25th Marine Regiment, 4th Marine Division, Columbus, Ohio. During Operation Iraqi Freedom, his unit was attached to Regimental Combat Team-2, 2nd Marine Division, II Marine Expeditionary Force.

Capt. Benjamin D. Jansky, 28, of Oshkosh, Wis., died July 27 in Al Taqaddum, Iraq, where his HMMWV was accidentally struck by another military vehicle. Jansky was assigned to the Army Reserve's 983rd Engineer Battalion, Monclova, Ohio.

Sp. Edward L. Myers, 21, of St. Joseph, Mo., died July 27 in Samarra, Iraq, where his unit was conducting patrol operations and an improvised explosive device detonated near his HMMWV. Myers was assigned to the Army's 3rd Battal-

ion, 69th Armor Regiment, 3rd Infantry Division, Fort Stewart, Ga.

Sp. Adam J. Harting, 21, of Portage, Ind., died July 25 in Samarra when an improvised explosive device detonated near his Bradley Fighting Vehicle. Harting was assigned to the 3rd Battalion, 69th Armor Regiment, 1st Brigade Combat Team, 42nd Infantry Division, Fort Stewart, Ga.

Staff Sgt. Michael W. Schafer, 25, of Spring Hill, Fla., died July 25 in Oruzgan, Afghanistan, when he was shot by enemy forces while on a quick reaction force mission. Schafer was assigned to the 2nd Battalion, 503rd Infantry Regiment, Vicenza, Italy.

Four soldiers who were supporting Operation Iraqi Freedom died on July 24, in Baghdad where an improvised explosive device detonated near their HMMWV while they were on patrol. The soldiers were assigned to the Army National Guard's

2nd Battalion, 121st Infantry Regiment, 48th Infantry Brigade, Albany, Ga.

Killed were:

Sp. Jacques E. Brunson, 30, of Americus, Ga.

Staff Sgt. Carl R. Fuller, 44, of Covington, Ga.

Sgt. James O. Kinlow, 35, of Thomson, Ga.

Sgt. John F. Thomas, 33, of Valdosta, Ga.

Sgt. Christopher J. Taylor, 22, of Opelika, Ala., died July 24 in Balad, Iraq, when he was hit by mortar rounds while he was exiting a bunker. Taylor was assigned to the 1st Battalion, 41st Field Artillery, 1st Brigade Combat Team, 3rd Infantry Division, Fort Stewart, Ga.

Sgt. Jason T. Palmerton, 25, of Auburn, Neb., died on July 23 in Qal'eh-Yegaz, Afghanistan, where he came under enemy small arms fire while conducting a dismounted patrol. Palmerton was assigned to 1st Battalion, 3rd Special Forces Group (Airborne), Fort Bragg, N.C.

Foster Care for Children & Adults with Disabilities

Everytime you hear someone discuss Foster Care, or see an advertisement for the ongoing need for foster families, you think of a typical child with some needs and no home of their own. You think of many different circumstances as to why the child needs foster care placement and your hearts go out to them. It touches you in a way you want to make a difference and do something about it.

Well... we work for a state agency that recruits for foster care families and/or individuals willing to become foster parents, but not for typical children... for children and adults with developmental disabilities.

Typically these are individuals with Mental Retardation, Cerebral Palsy, Autism, and/or Epilepsy. They are just as needy as typical foster care children and can also touch yours and your family's lives in special ways. There is currently a need for families and/or individuals willing to open their hearts and homes to a child or an adult with developmental disabilities.

We are looking for people who are team players, who are willing to care for individuals with diversity and specific needs, and are willing/able to provide a loving structured home for individuals with developmental disabilities.

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"AWESOME PRAISE AND WORSHIP"

'Saturday Nite Laughter' coming to TMAC August 20

Thunder Mountain Activity Centre, along with Top Bananas Entertainment, will present the "Saturday Nite Laughter" Comedy Show live at 10 p.m., Aug. 20. The show will feature three first-class entertainers.

Opening the show will be Ron Morey. Morey is a regular at the Hollywood Improv and at Harrah's in Las Vegas. He has opened for such acts as D. L. Hughley and Bill Maher.

Also featured on the playbill will be Patrick DeGuire. DeGuire has performed frequently on national television, including Comedy Central and Que Pasa on Galavision. He has also performed with George Lopez and Tommy Davidson.

Headlining the show will be Ben Creed, a 25-year veteran of the comedy circuit. The comic/actor has appeared in several feature films, in addition to live performances at comedy clubs such as Dangerfield's in New York and the Comedy Store in Los Angeles. His television credits are extensive, and he has opened for performers such as Robin Williams, Jerry Seinfeld and Jay Leno.

The show features adult entertainment, and is open to the public 18 and older.

Tickets are \$15 in advance and \$20 at the door, and are on sale now at TMAC, Time Out, the ITR Office and Sierra Vista Safeway.

For more information, call 533-3802.



Top, Ron Morey, bottom left, Patrick DeGuire, bottom right, Ben Creed

Military Idol Competition moved

The first local round of the Military Idol Competition will be held at 7:30 p.m., tomorrow at Thunder Mountain Activity Centre. The event, which had been scheduled to be held at Time Out, is open to the public. There is no admission charge and free munchies will be served.

Active duty military contestants will compete for cash prizes and for the title of "National Military Idol."

The second round of the local competition will be held at 7:30 p.m., Aug. 19, and Round 3 is set for Sept. 30, both at TMAC.

The local winner will advance to the national competition, Oct. 17 - 22 at Fort Gordon, Ga.

For more information, call Marvin Wooten at 533-3802, or Saul Caraballo, 266-1666.

Computer classes for youth

The SKIESUnlimited program is now accepting students for computer instructional classes, to be held beginning Aug. 15 at Johnston Elementary School's computer lab.

This is a year-long class, but students may attend on a monthly basis. Class fee is \$50 per month. The classes will be split into two ages groups: 5 - 8 and 9 - 18. Please call for specific class times and dates.

For more information, call Robin Gabert at 533-0710.

Bowling for active duty, dependents

Beginning immediately, Desert Lanes will keep four bowling lanes open each night for exclusive use by active duty military and their dependents. This includes league nights.

Call 533-2849 for more information.

Moonlight trail ride at Buffalo Corral

Buffalo Corral will offer a moonlight trail ride August 19, the night of the full moon. The price

is \$13.50 for authorized MWR patrons and \$19 for civilians. Riders must be at least 12 years of age.

Reservations and pre-payment are required by close of business the Sunday before the ride.

For more information, call 533-5220.

August Specials at Jeannie's Diner

During August, the burger-of-the-month at Jeannie's Diner is the Hawaiian burger.

The diner also offers a different lunch special daily, Monday - Friday. A few of the August specials include: bratwurst and fries; Salisbury steak with gravy, mashed potatoes and veggies; and a club wrap with fries. A 16 ounce, non-alcoholic beverage is included with these specials.

Jeannie's Diner is located inside Desert Lanes Bowling Center. Call 533-5759 to place your order for takeout.

Let ITR help you 'cool off'

The ITR Office has discounted tickets for the following attractions: Waterworld and Breakers in Tucson, Ariz.; Big Surf, Tempe, Ariz.; Golfland Sunsplash, Mesa, Ariz.; and Waterworld Safari, Phoenix, Ariz.; Golf & Stuff Family Fun Center, Tucson; Funtasticks Family Fun Park, Tucson; and for Tucson Sidewinders home baseball games.

Let ITR help you plan a weekend getaway, with hotel reservations and discounted tickets to one of these attractions.

Call 533-2404 for more information, or drop by ITR Office in Building 70914, on Irwin Street. They're open 9 a.m. - 5 p.m., Monday - Friday and 10 a.m. - 2 p.m., Saturday.

2-10-2 Biathlon set for August 20

The 2-10-2 Biathlon, the second event of the Sports and Fitness Multi-Sport Summer Series, is scheduled for 7 a.m., Aug. 20, on Monitor Side Road.

The course will consist of a two-mile run on a paved road, a 10-mile bike ride on a paved course, out and back, and a two-mile run on a paved road.

Entry forms are available now at Barnes Field House, or online at www.active.com. For more information, call Karlie Jo Hale at 533-3858.

Soldier Show set for August 23, 24

The 2005 Army Soldier Show is scheduled for 7 p.m., Aug. 23, and 3:30 p.m. and 7 p.m., Aug. 24 at Buena Performing Arts Center, Sierra Vista.

This year's show "Operation America Cares," offers a 90-minute song and dance production that expresses the importance of giving deployed Soldiers a touch of home.

"The message of the show is that it doesn't matter how tough we are and it doesn't matter how fit to fight we are, Soldiers are still human and longing for the familiar and America's affection," Soldier Show director Victor Hurtado said.

The cast and crew will attempt to bring his vision to life with musical genres rhythm and blues, new rock, country, gospel, eclectic new wave/new age, patriotic and newly arranged movie themes, making the show a "gift to the American Soldier."

Admission is free but you must have a ticket. Tickets are available now, at ITR, located in the Building 70914, Irwin Street on Fort Huachuca and at Sierra Vista Safeway. Call 533-2404 for more information.

Bike rental, repair, now available

Bicycle rental and repair are now available on Fort Huachuca at Eifler Fitness Center, 10 a.m. - 5 p.m., Saturdays.

Sun 'n Spokes of Sierra Vista provides bike rental and repairs for customer-owned bikes. There are 75 new bikes available to rent.

For more information, call Mick Gue at Eifler Fitness Center, 533-4723.

Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to Paula.German@hua.army.mil or visit us on the Web at mwrhuachuca.com



Movies

Herbie: Fully Loaded plays at 2 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies, see Page 28.



Courtesy photo by Mary Passmore

Making the turn

Devon Passmore, 10, makes his turn in the Southern Arizona Athletic Championship Meet on July 21. Passmore is a member of the Thunder Mountain Aquatic Club, which came in second place overall for the meet.

Turning colored glass into art

BY AMANDA KEITH
SCOUT STAFF

Stained glass creations are "more art than science," as the instructor Jay Anderson put it; there is a lot that goes into creating the pretty wall hangings and windows that decorate homes and cathedrals.

Luckily, the Directorate of Morale, Welfare and Recreation is offering the class for anyone, on or off post, who wishes to take it. Skill level and previous experience with stained glass creations are also not a requirement.

The class features a brief history of stained glass, but is mostly hands-on; students will design (or pick a design) for their piece, pick the colors and the glass, and

eventually put the glass pieces together to create a stained glass artwork.

Most importantly, the class is about the project. Students are free to design their own project or they can copy a pattern from a stained glass book or magazine. Students had the option of creating their own patterns, or as student Theresa Simmons did, could modify designs found in a stained glass book.

The most recent class had three students, so the class not only offered an informal atmosphere, but also allowed for some personalized attention for students.

The cost of the class is \$75. The fee covers three sessions and all materials are provided, but students



Photo by Dan Simon

Ordinary "pebbles" can be made easily into stained-glass artworks

might have to buy additional materials for complex projects. To get the most of the class, "the foiling (foiling allows the glass pieces to eventually be bonded together) is the most time consuming process," and will most likely need to be com-

pleted outside of home, Anderson said.

In addition to the stained glass class, MWR offers other classes at various times of the year. For more information, call the Arts Center at 533-2015.

Fort hosts first Military Idol competition

BY TANJA J. LINTON
USAIC&FH MEDIA RELATIONS OFFICER

Army Morale, Welfare and Recreation, in affiliation with the "American Idol" television series, hosts the first Military Idol compe-

tition, and Fort Huachuca has been selected to host one of the regional competitions.

The first round of singing starts at 7:30 p.m. Aug. 5 at the Thunder Mountain Activity Center here. Semi-finals are scheduled for Aug.

19, and the finale takes place Sept. 30. The winner of the Fort Huachuca competition advances to the national Military Idol competition at Fort Gordon, Ga., Oct. 17-22.

Viewing the competition is free

and open to the public. Competitors are made up of area Soldiers and Marines, sailors and airmen assigned to Fort Huachuca.

For more information on the local competition, call (520) 533-3802 or 533-7322.

Birding: something to 'sing' about in Cochise County

BY LUANNE MATTSON

COCHISE COUNTY TOURISM COUNCIL

With some of the most diverse landscape in Arizona, Cochise County is home to more than 500 species of birds. It's no surprise that the county was named the American Birding Association's "Birdiest Inland County in the United States" in 2003. Cochise County sings praises of its feathered friends with events, activities and organizations that cater to birding enthusiasts.

Bisbee will host the Southwest Wings Birding and Nature Festival, an event that will be held Aug. 10-14. With birding and nature workshops, tours and programs, the 14th annual event will explore the lives of winged creatures and nature's influence upon them. The event's keynote speaker will be Peter Dunn, director of the Cape May Bird Observatory in New Jersey, who was dubbed the "bard of birding" by the Wall Street Journal.

Birders who want an up-close experience can watch Hummingbird Banding at Ramsey Canyon Preserve

from April through September. For a small fee, visitors can witness the extraordinary process as The Nature Conservancy's researchers weigh, feed and band these tiny creatures. Located in the "Hummingbird Capital of the United States," Sierra Vista, the Preserve offers guided walking tours and is a bird-watcher's heaven. In addition, birders of all levels are welcomed at Bird Walks each Wednesday morning at the San Pedro River Inn in Hereford, and at the San Pedro House located at the San Pedro trailhead, eight miles east of Sierra Vista along Highway 90.

Each year, Willcox, famous for wintering sandhill cranes hosts Wings Over Willcox, an event for birders who follow the birds' migratory paths. Among the activities scheduled for the January 12-15, 2006 event are Sandhill Crane Tours, Sparrow Seeks and Hawk Stalks, which allow participants to view the birds in their element. The keynote speaker will be wildlife biologist, Roderick Drewien, who, for more than 35 years, has studied the movements, life histories and conservation challenges facing cranes.

Founded in 1996 to provide education, research and eco-tourism opportunities, the Southeastern Bird Observatory is a non-profit organization dedicated to the conservation of southeastern Arizona's bird population, their habitats and the diversity of species. SABO offers educational and recreational opportunities with workshops and tours. Other birding organizations, the Huachuca Chapter of the Audubon Society and the Friends of the San Pedro, sponsor walks, tours and educational programs for enthusiasts.

In addition to Cochise County's events and organizations, bird lovers of all ages can marvel at these fine, feathered friends at other locations throughout Cochise County. These parks, canyons and preserves are listed below.

Other Cochise County Birding Sites:

AEPCO Crane Viewing Station, near Willcox

Ash, Carr and Miller Canyons, south of Sierra Vista

Cave Creek and Portal, in the

Chiricahua Mountains

Chiricahua National Monument

Cochise Lakes, near Willcox

Coronado National Memorial Environmental Operations Park, Sierra Vista

Holy Trinity Monastery Bird Sanctuary, south of Benson

Muleshoe Ranch Preserve, Willcox
San Bernardino National Wildlife Refuge, near Douglas

San Pedro Riparian National Conservancy Area, 40 miles through Cochise County

Waterfowl Observation Pond, Benson
Whitewater Draw State Wildlife Refuge, between Bisbee and Elfrida

Willcox Playa, Willcox

Located in southeastern Arizona, Cochise County is one of the most culturally, historically and geographically diverse areas in the American Southwest. Its legendary communities-Benson, Bisbee, Douglas, Tombstone, Sierra Vista and Willcox-were strategically located less than a day's journey by stagecoach and are now just a short drive from one another.

For more information about Cochise County, contact the Cochise County Tourism Council their Web site at www.explorecochise.com.

Sierra Vista 50th Anniversary

Brown Parade Field. Call 533-2622 for additional information.

Enjoy reliving Fort Huachuca's past 50 years, and reminisce as we travel back in time. - Joan Vasey

Reprinted from the August 4, 1955 "Fort Huachuca Scout"

Mighty Lifter Works For Signal Corps

"Faith Can Move Mountains," according to a once popular song. These days, however, the Army Electronic Proving Ground is singing praises to another "mover" - not of mountains - but of remote signal installations.

At Libby Air Field here, the H-21C "Workhorse" helicopter demonstrated its ability to lift and transport troops, equipment or supplies that might possibly be stranded on some otherwise inaccessible remote mountain position. It also proved able to carry and lower personnel and equipment to strategic areas that ground vehicles or fixed wing planes could not reach. The helicopter's ability to hover over a certain area at any desired level gives it pin-point accuracy in delivering cargo, a decided advantage over widely dispersed parachute type delivery.

Jim Walker, Technical Representative, Plasecki Helicopter Corp., Morton, Pennsylvania, manufacturers of the aircraft, assumed the role of the stranded soldier. While Carl Hansen, Service Pilot for Plasecki "froze" the 22-passenger plane in mid air over Libby

Field, Corporal J.B. Moss, Crew Chief, demonstrated the method of lifting the soldier up into the plane with the 400 pound capacity rescue hoist.

Maneuverability of the tandem rotor plane was demonstrated in a short flight to the Battlefield Surveillance Area. There, the "Workhorse" lifted a 310 pound simulated radio hut with the cargo hoist. Using this heavy duty hoist during normal conditions, the craft can lift up to 4,000 pounds.

The H-21C, largest rotary-wing aircraft in history, is a light cargo plane. At one time, it held the altitude record of 22,500 feet for helicopters. Medium and heavy cargo helicopters, modeled after the H-21C, will be able to lift troop-laden trucks and perhaps even heavier equipment.

New Nerve Gas Being Developed

"G" gas, a nerve gas so potent that even a drop can be fatal, was produced by the Army Chemical Corps at its Rocky Mountain Arsenal.

Former Monk Becomes Editor of Scout

Specialist First Class Philip R. Checkie, new Scout editor, once interrupted his military career and entered a Trappist Monastery for a year and served as a choir monk. Checkie, a former student of comparative religion, resumed his military career in supply, and then later attended PIO School at Ft. Slocum, N.Y. before assuming the role of Scout editor.



Countdown: Sierra Vista turns 50 in 42 weeks

EDITORIAL COMMENT:

The City of Sierra Vista will celebrate its 50th anniversary, "More than a city—a way of life," May 26-28, 2006. In support of the city's celebration, each month until the celebration weekend, The Fort Huachuca Scout will run one reprinted article from the 1955 and 1956 issues of the "Fort Huachuca Scout", showing what fort life was like 50 years ago. Each week, we'll print one or more highlights of what happened on Fort Huachuca a half century ago.

Sierra Vista was founded in 1956 and annexed Fort Huachuca in 1971. Now, as in the past, the two entities worked together and are involved in many partnerships.

The Fort Huachuca Scout has been in publication for 51 years since 1951. Mergue copies of the "Scout" are available for viewing at the Fort Huachuca Public Affairs Office, Building 21115, 3015 Carnahan Street, across the street from the gazebo at the west end of

Arizona Tourist

Discover Cochise County's ghost towns

BY ROB MARTINEZ
SCOUT STAFF

With hundreds of areas that fall into the category of a ghost town, Arizona offers a unique opportunity to visit places, historic and legendary, which formed the American Southwest as we know it today.

A site, weather consisting of semi-permanent tents and shacks or several buildings, becomes a ghost town when it loses a significant amount of its population because the reason for its settlement no longer keeps the community going.

Most of these sites developed around mines, railroads, and water sources.

Considering the history of Arizona, it appears that all the important early communities evolved around mining.

A ghost town can be completely deserted, like Charleston and Fort Bowie, or it could have a few residents, like Gleeson and Pearce. Some places, like Bisbee, have characteristics of a ghost town, but arguably, are not.

Bisbee's population, for example, has dwindled significantly since its mine was closed. Yet recently, people have moved there for reasons other than mining. Bisbee, and other towns like Tomb-

stone and Cochise, show clear signs of vitality.

The conditions of ghost towns vary as well. Some are mere collections of crumbling ruins; others have intact, even functional, buildings.

Because of the diverse conditions of the towns and their surroundings, it is important to keep safety in mind, and the weather. Some places are prone to flash floods. Often, the roads are suitable for the family sedan, but other times a four-wheel-drive vehicle or hiking may be necessary.

Also, make sure there's enough fuel in your vehicle. Although the following ghost towns are not far from populated areas, it's a good idea to bring plenty of water and some food.

As with anything, preparation is paramount. There are many books and Internet Web sites that give information, such as maps and road conditions, and whether the site is open to the public or not.

The Ghost Town Trail

This popular drive out of Tombstone consists of mining camps, stage stations, and a railroad towns, via Highway 80.

Bisbee - The Queen of the mining camps blends the brawling days of the 1880s with the present

artist's haven of today. Famous for the underground Copper Mine tours, Brewery Gulch, Copper Queen Hotel, and the Lavender Pit. It's about 26 miles from Fort Huachuca.

Tombstone - The town too tough to die is 19 miles from post and has tours of the town available. There are a few gunfight shows in town, horse rides, and stagecoach tours.

Charleston - In its day, maybe tougher than tombstone. It was an army training site during WWII. It's about 10 miles from Fort Huachuca.

Millville - Resides across from Charleston, along the San Pedro River.

Fairbank - A railroad town about thirteen miles from post.

Brunckow's Cabin - Haunted, and known as the bloodiest spot in Arizona, near Tombstone!

Fort Bowie - About 45 miles East of Tombstone, 72 miles from Fort Huachuca. It was a large military outpost until Geronimo's surrender in 1886.

Dos Cabezas - On Route 186, 15 miles southeast of Willcox, it was a supply center for surrounding mines and cattle ranches.

Cochise - Near Cochise Stronghold, about 45 miles from Fort Huachuca. It was once a railroad town.

Pearce - This gold camp, about 38 miles from the fort, was the richest gold digging site in southern Arizona. It has an operating post office, with many vacant adobes, mines and mill ruins.

Gleeson - About 31 miles from Fort Huachuca, it has ruins and a cemetery.

Ghost Town Etiquette

The preceding list is only a taste of what Cochise County has to offer. Visiting popular ghost towns is only half the fun; the allure of hunting down obscure sites can be even more exciting, and there are many more sites.

The locations and history of ghost towns in Cochise County can be found online, and at the city library. Both the Sierra Vista Library and the Military Intelligence Library have topographical maps of Arizona.

Once you have the locations, there are a few things to remember. It is, according to the Arizona Bureau of Land Management, illegal to remove artifacts from public lands. This includes cans, arrowheads, bottles, and such. If in doubt, leave it there.

Some ghost towns are on private property, and have a few residents

See **GHOST TOWN**, Page B7

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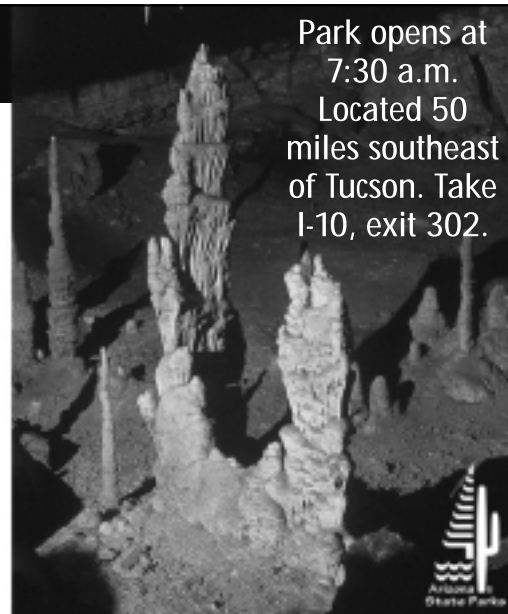
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Health Center closing

Raymond W. Bliss Army Health Center will be closed on 11:30 a.m. Aug. 5 and will remain closed the rest of the day. We appreciate your patience and would like to apologize for any inconvenience. We are having our organization day and would like for all our staff members to be able to participate. Thank you for your understanding and cooperation. This closure does include all outlying clinics as well as the Main and PX Pharmacies.

JAKES Conservation Field Day

The National Wild Turkey Federation, Huachuca Gould's Chapter and the Arizona Game and Fish Department will present Juniors Acquiring Knowledge, Ethics and Sportsmanship Conservation Field Day, from 8 a.m. to 5 p.m. Aug. 7 at Huachuca Oaks Camp, 9502 Highway 92, Hereford, Ariz.

The JAKES Conservation Field Day is limited to the first 75 youths to register, and is free for all JAKES. An adult must accompany the child during the event.

Events include map/compass reading, casting, archery, darts, swimming, BB gun shooting, crafts, and more. Youth will rotate through various stations during the day. Lunch is included for both youths and adults.

Participants should bring swimsuit and towel, sunscreen, and folding chair.

For more information about the JAKES Conservation Field Day or to register, call (520) 227-8861.

Free screening

You are cordially invited to attend special screenings at your local Reel Time Theater for the following Movies Aug. 6: Four Brothers, 7 p.m.

Tickets can be obtained at your Main Exchange Customer Service or Anthony's II at the Regimental Mini Mall Food Court.

Seating is limited to a first come, first served basis. The ticket does not guarantee you admission.

Free admission to Arizona Heat game

Active duty military, National Guardsmen, reservists, retired servicemembers and their families are entitled to free general admission to Arizona Heat's Military Appreciation Night on Aug. 7.

The Arizona Heat, National Pro Fastpitch Women's Softball League, will provide free admission to military ID card holders and a party of up to five other people, upon presentation of ID card at the gate.

The gates at High Corbett Field open at 6:30 p.m. Softball action against the California Sunbirds begins at 7:30 p.m.

For more information about Arizona Heat and for directions to High Corbett Field, visit their Web site at www.arizonaprofastpitch.com. For more information about Military Appreciation Night, call (520) 296-9595.

Free concert

Information Systems Engineering Command will be sponsoring a free concert at 5:30 p.m. on Aug. 12 in Veterans Park, Sierra Vista featuring the following bands: West Coast Jazz, Krysis, Train Wreck.

This concert will be open to all ISEC and Ft. Huachuca families. Bring your lawn chairs, blankets, picnic dinners, and drinks, sit back, relax and enjoy a wonderful evening of music under the southwestern sky.

Scholastic Clay Target program

Youths in grades six-12 are invited to learn to safely shoot a shotgun at 8:30 a.m. on Aug. 13 at the Sportsman's Center on Fort Huachuca, under the supervision of certified instructors. Ammunition, shotguns, clay targets and hearing and eye protection will be provided to participants free of charge. The only requirements are for a parent, counselor or guardian to be there, and for youths to bring a hat or cap. Adults are encouraged to participate, and should

bring a cap, eye and hearing protection for themselves. For more information, contact Rene Dube at (520) 378-6864 or John Millican at (520) 803-7535.

Youth computer classes

Beginning on Aug. 15, SkiesUnlimited will present "Computer Instructional Classes" for children, in two ages groups, 5 - 8 and 9 - 18, twice weekly at Johnston Elementary School Computer Lab. The cost of this program is \$50 per month, plus annual CYS membership fee of \$18. Please call Robin Gabert at 533-0710 for times and dates.

Air Force meeting

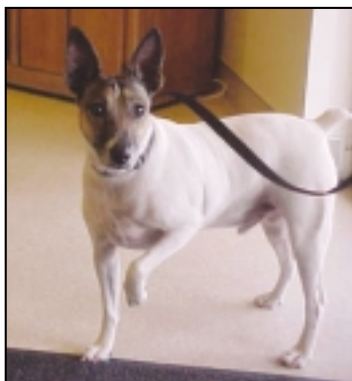
Cochise Chapter 107, Air Force Association, invites everyone interested in the Air Force to attend a meeting at 6:30 p.m. on Aug. 16 at Dawn's Family Restaurant and Tavern in Sierra Vista. The dinner begins at 5:30 p.m. and may be from the lunch or dinner menu. The speaker will be Col. Frank Klein, USAF Retired; his topic will be Rediscovering the Location of the North Magnetic Pole. Reservation required by 3 p.m. on Aug. 12 to Joe Anton at 458-0538.

Soccer club sign-up

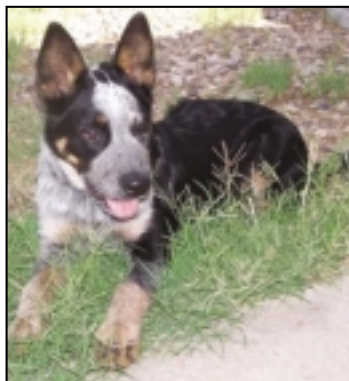
Sign-up for the Fort Huachuca Youth Soccer Club, for youth ages 4 - 13, will be held Aug. 19 at the Youth Center, Building 49013, or at the Central Registration Office in Murr Community Center, Building 51301. Proof of age and a current physical are required at the time of registration. Cost of the program is \$40 per child, but families registering multiple players will pay a reduced fee of \$32 for each additional child. Volunteers are needed for the program to act as coaches, assistant coaches, team parents and officials.

For more information on the program or to volunteer, call the Youth Sports Office at 533-8168 or 533-3205.

Pets Of The Week



Peanut is a 5-year-old, neutered male Rat Terrier.



Tyson is an approximately three-month-old Queensland Heeler. Courtesy photo from petfinder.com.

These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit forhuachuca.petfinder.com. In accordance with Army regulation, stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.

At The Movies

Showing at the Cochise Theater for the next week are:

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Batman Begins

PG-13

Friday -7 p.m.

War of the Worlds

PG-13

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Watch CAC

For the latest news on the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day.

Fort Huachuca's Channel 97 will discontinue airing of the weekly Fort Report for a short period of time. Spc. Nate Ludwig, the broadcaster in charge of the report, is leaving the Army and a civilian replacement has not yet been hired. The Scout will notify the community of the return of the Fort Report and until then, keep tuned to the CAC for other pertinent post information.



GHOST TOWN, from Page B3

calling it home. Please be mindful of their privacy.

There will be many more explorers to come after you, and they all deserve the same opportunity to experience Arizona as it was in the past. Please take care not to disturb anything.

Now, make ready to enjoy a bit of the past in the Ghost Towns of Arizona!

The following are some sources for ghost town hunting:

www.arizonalodging.com/ghosttowns.html#books.

www.ghosttowns.com/states/az/az.html.

"Arizona Ghost Towns and Mining Camps" by Phillip Vanem.

"Ghost Towns of Arizona" by James E. and Barbara H. Sherman.

Ask the Dietitian

Back to school nutrition tips for kids

BY CAPT. JENNIFER L. RODRIGUEZ
REGISTERED DIETITIAN

It's that time of year again. Kids are getting new clothes, strapping on their backpacks and heading off to school. Why not take this time to get them started off right with some healthy nutrition ideas?

Start every day with breakfast. Even if you're pressed for time, breakfast is a great way to jumpstart those brain juices and help kids concentrate. Something as simple as a cereal bar and a piece of fruit or a peanut butter and jelly sandwich and a glass of milk makes a huge difference.

Pack wholesome and nutritious lunches and avoid those fast food choices. Remember the days of the brown sack lunch? This is a great

concept that really makes a difference in what kids eat. Try to include some protein, whole grain carbohydrates, fruits and veggies in every lunch. A turkey sandwich on whole wheat bread, a piece of fruit, raw vegetables, string cheese and an oatmeal cookie are all very nutritious choices for a healthy and filling lunch. Be sure to include some "milk money" with lunch as kids need plenty of calcium for those growing bones.

If kids decide to eat lunch at school instead of packing the brown bag, help them learn to make healthy choices. Suggest grilled items, vegetables, fruits and milk as part of the meal. Avoid the high fat, nutrient lacking fast foods such as pizza, cheese burgers and chicken nuggets. And watch out for sugar-loaded soft drinks. Milk, water and 100 percent

fruit juice are better choices.

Kids are active and snacking between meals may be necessary to provide that much needed energy to get through the day. This is the perfect time to eat a piece of fruit, a handful of nuts, yogurt or some crackers with peanut butter. Try to avoid the vending machine which is loaded with high sugar foods with little or no nutritional value.

Be sure to set the example at home too. Kids learn from their parents. Offering healthy foods at home will definitely have an impact on what they choose at school. Encourage kids to eat right and be active. Have a GREAT school year!

Rodriguez is a registered dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to jennifer.rodriguez1@us.army.mil.

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For Sale:° 30-inch gas stove w/self-cleaning oven.° \$200 or best. 520-378-3449 or jgebhart1@cox.net.

Misc. for Sale

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27' Fisher TV. Excellent Picture quality \$90.00, 13' Trampoline Good condition \$90.00, call 459-7565.

2004 Cannondale F800 Mountain Bike, Asking \$600. Water bottle holders, Pump, ETC, Call Joe for details (210)857-2037 (cell) Stationed on Ft. Huachuca willing to take to Tucson.

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Garage/Yard Sales

Sherbundy Street off North Ave. Sierra Vista, Yard Sale Saturday August 6th, 6 am, Bikes, backpacks, clothing, toys, something for everyone!

Garage/Yard Sales

Yard Sale, Saturday Aug. 6th, 7 to 11, 104 B. Andrews Rd. Bonnie Blink Area.

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68 Pontiac Firebird, Excellent Condition. \$16,000 cash OBO, extra parts included Call 378-3460.

2000 Chevy Malibu LS, Drk Blue w/17 in rims, 91800 miles. \$5000 firm. Call 520-456-6023.

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2004 Honda Rebel, 100 miles, great gas mileage, comes with battery charger and 2 helmets, \$2500, Call 459-2233.

2003 Harley DynaGlide TSport, Anniversary Edition, under 12K miles, Excellent buy, \$15k obo, (520)803-0439.

Rec. Vehicles

2005 Desert Cat 90cc Quad. Ridden 3 times. Daughter didn't like. Matching helmet and goggles. \$1000 firm 227-2852.

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1995 Pitts S2-B aerobatic biplane. AEIO-540 260hp. 560TT. Hooker harness, sighting device, new hoses and tailwheel. For Pilots who want a challenge. \$94,000. Call 830-734-0076.

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